USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Fiber, total dietary (g)

Food Groups: Fruits and Fruit Juices Food Subset: All Foods Ordered by: Nutrient Content Measured by: 100 g Report Run at: June 29, 2016 09:20 EDT

NDB_No	Description	Fiber, total dietary(g) Value Per
09264	Persimmons, japanese, dried	14.50
09110	Goji berries, dried	13.00
09009	Apples, dehydrated (low moisture), sulfured, uncooked	12.40
09216	Orange peel, raw	10.60
09156	Lemon peel, raw	10.60
09231	Passion-fruit, (granadilla), purple, raw	10.40
09041	Bananas, dehydrated, or banana powder	9.90
09094	Figs, dried, uncooked	9.80
09011	Apples, dried, sulfured, uncooked	8.70
09246	Peaches, dried, sulfured, uncooked	8.20
09087	Dates, deglet noor	8.00
09163	Blueberries, dried, sweetened	7.50
09259	Pears, dried, sulfured, uncooked	7.50
09449	Nance, frozen, unsweetened	7.50
09032	Apricots, dried, sulfured, uncooked	7.30
09291	Plums, dried (prunes), uncooked	7.10
09448	Nance, canned, syrup, drained	7.00
09088	Elderberries, raw	7.00
09085	Currants, zante, dried	6.80
09299	Raisins, seeded	6.80
09038	Avocados, raw, California	6.80
09421	Dates, medjool	6.70
09037	Avocados, raw, all commercial varieties	6.70
09149	Kumquats, raw	6.50
09518	Raspberries, frozen, unsweetened	6.50
09302	Raspberries, raw	6.50
09260	Pears, dried, sulfured, stewed, without added sugar	6.40
09334	Feijoa, raw	6.40

NDB_No	Description	Fiber, total dietary(g) Value Per
09428	Rowal, raw	6.20
09261	Pears, dried, sulfured, stewed, with added sugar	5.80
09039	Avocados, raw, Florida	5.60
09140	Guavas, strawberry, raw	5.40
09314	Sapote, mamey, raw	5.40
09139	Guavas, common, raw	5.40
09079	Cranberries, dried, sweetened	5.30
09167	Loganberries, frozen	5.30
09427	Abiyuch, raw	5.30
09057	Boysenberries, frozen, unsweetened	5.30
09313	Sapodilla, raw	5.30
09042	Blackberries, raw	5.30
09322	Tamarinds, raw	5.10
09048	Blackberries, frozen, unsweetened	5.00
09353	Blueberries, wild, canned, heavy syrup, drained	4.90
09059	Breadfruit, raw	4.90
09165	Litchis, dried	4.60
09205	Oranges, raw, with peel	4.50
09053	Blueberries, wild, frozen	4.40
09321	Sugar-apples, (sweetsop), raw	4.40
09306	Raspberries, frozen, red, sweetened	4.40
09107	Gooseberries, raw	4.30
09084	Currants, red and white, raw	4.30
09095	Figs, dried, stewed	4.20
09034	Apricots, dried, sulfured, stewed, with added sugar	4.10
09297	Raisins, golden seedless	4.00
09286	Pomegranates, raw	4.00
09129	Grapes, muscadine, raw	3.90
09293	Plums, dried (prunes), stewed, with added sugar	3.80
09288	Prunes, canned, heavy syrup pack, solids and liquids	3.80
09422	Durian, raw or frozen	3.80
09298	Raisins, seedless	3.70
09287	Prickly pears, raw	3.60
09340	Pears, asian, raw	3.60
09143	Guava sauce, cooked	3.60
09263	Persimmons, japanese, raw	3.60

NDB_No	Description	Fiber, total dietary(g) Value Per
09078	Cranberries, raw	3.60
09446	Plantains, green, fried	3.50
09046	Blackberries, canned, heavy syrup, solids and liquids	3.40
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	3.30
09315	Soursop, raw	3.30
09195	Olives, pickled, canned or bottled, green	3.30
09423	Prune puree	3.30
09447	Plantains, yellow, fried, Latino restaurant	3.20
09328	Maraschino cherries, canned, drained	3.20
09193	Olives, ripe, canned (small-extra large)	3.20
09414	Pears, raw, bosc	3.10
09292	Plums, dried (prunes), stewed, without added sugar	3.10
09252	Pears, raw	3.10
09415	Pears, raw, green anjou	3.10
09412	Pears, raw, bartlett	3.10
09148	Kiwifruit, green, raw	3.00
09175	Mammy-apple, (mamey), raw	3.00
09062	Cherimoya, raw	3.00
09413	Pears, raw, red anjou	3.00
09089	Figs, raw	2.90
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	2.90
09060	Carambola, (starfruit), raw	2.80
09159	Limes, raw	2.80
09502	Apples, raw, granny smith, with skin	2.80
09006	Apples, raw, without skin, cooked, microwave	2.80
09150	Lemons, raw, without peel	2.80
09374	Pears, canned, heavy syrup, drained	2.70
09054	Blueberries, frozen, unsweetened	2.70
09357	Apricots, canned, heavy syrup, drained	2.70
09247	Peaches, dried, sulfured, stewed, without added sugar	2.70
09056	Boysenberries, canned, heavy syrup	2.60
09033	Apricots, dried, sulfured, stewed, without added sugar	2.60
09040	Bananas, raw	2.60
09010	Apples, dehydrated (low moisture), sulfured, stewed	2.60
09352	Blueberries, canned, light syrup, drained	2.60
09201	Oranges, raw, California, valencias	2.50

NDB_No	Description	Fiber, total dietary(g) Value Per
09194	Olives, ripe, canned (jumbo-super colossal)	2.50
09044	Cherries, tart, dried, sweetened	2.50
09005	Apples, raw, without skin, cooked, boiled	2.40
09248	Peaches, dried, sulfured, stewed, with added sugar	2.40
09003	Apples, raw, with skin	2.40
09050	Blueberries, raw	2.40
09203	Oranges, raw, Florida	2.40
09200	Oranges, raw, all commercial varieties	2.40
09109	Gooseberries, canned, light syrup pack, solids and liquids	2.40
09501	Apples, raw, golden delicious, with skin	2.40
09277	Plantains, raw	2.30
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	2.30
09503	Apples, raw, gala, with skin	2.30
09500	Apples, raw, red delicious, with skin	2.30
09278	Plantains, cooked	2.30
09092	Figs, canned, heavy syrup pack, solids and liquids	2.20
09202	Oranges, raw, navels	2.20
09090	Figs, canned, water pack, solids and liquids	2.20
09055	Blueberries, frozen, sweetened	2.20
09035	Apricots, frozen, sweetened	2.20
09318	Strawberries, frozen, unsweetened	2.10
09076	Cherries, sweet, frozen, sweetened	2.10
09070	Cherries, sweet, raw	2.10
09504	Apples, raw, fuji, with skin	2.10
09021	Apricots, raw	2.00
09012	Apples, dried, sulfured, stewed, without added sugar	2.00
09310	Rhubarb, frozen, cooked, with sugar	2.00
09316	Strawberries, raw	2.00
09008	Apples, canned, sweetened, sliced, drained, heated	2.00
09320	Strawberries, frozen, sweetened, sliced	1.90
09296	Quinces, raw	1.90
09013	Apples, dried, sulfured, stewed, with added sugar	1.90
09319	Strawberries, frozen, sweetened, whole	1.90
09309	Rhubarb, frozen, uncooked	1.80
09250	Peaches, frozen, sliced, sweetened	1.80
09218	Tangerines, (mandarin oranges), raw	1.80

9172 Mangonten, canned, syrup pock. 1.80 9307 Rububt, mw 1.80 9319 Figs, canned, light ymy puck, solids and liquids 1.81 9313 Chemetines, race, devery yrup pack, solids and liquids 1.70 9423 Glementines, race 1.71 9430 Hu cockular, canned, leavy yrup, drained 7.71 9430 Neathers, race 7.72 9410 Neathers, race 7.72 9417 Apples, canned, sweetneed, skeel, drained, unbushed 7.71 9418 Apples, canned, sweetneed, skeel, drained, unbushed 7.72 9417 Para, canned, catta light syrup pack, solids and liquids 7.72 9428 Para, canned, catta light syrup pack, solids and liquids 1.60 9052 Para, canned, catta light syrup pack, solids and liquids 1.60 9053 Apricox, canned, cyttar liquids 1.60 9054 Apricox, canned, cyttar liquids 1.60 9055 Para, canned, cyttar liquids 1.60 9056 Para, canned, cyttar liquids 1.60 9057 Pari, con	NDB_No	Description	Fiber, total dietary(g) Value Per
6801 Figs, camed, they yrap pack, solids and liquids 1.80 0931 7 Strawberics, camed, havy yrap pack, solids and liquids 1.70 1922 6 Papyas, ran 1.70 1913 0 Mulberries, raw 7.70 1919 0 Mulberries, raw 7.70 1919 0 Apples, camed, beavy yrap, drained 7.70 1919 1 Apples, camed, severend, slited, drained, unheated 7.70 1907 2 Apples, camed, severend, slited, drained, unheated 7.70 1928 3 Paras, camed, extra heavy syrap pack, solids and liquids 7.60 1928 4 Paras, camed, extra light syrap pack, solids and liquids 7.60 1928 5 Paras, camed, extra light syrap pack, solids and liquids 7.60 1902 6 Apricos, camed, beavy syrap pack, without sin, solids and liquids 7.60 1903 6 Apricos, camed, extra light syrap pack, with skin, solids and liquids 7.60 1904 7 Apricos, camed, sever pack, with skin, solids and liquids 7.60 1905 8 Apricos, camed, size pack, with skin, solids and liquids 7.60 1905 9 Paras, camed, liquit syrap pack, withskin, solids and liquids <td>09177</td> <td>Mangosteen, canned, syrup pack</td> <td>1.80</td>	09177	Mangosteen, canned, syrup pack	1.80
0937 Ciemetins, raw .7.8 0938 Ciemetins, raw .7.8 0926 Fapsya, raw .7.8 0939 Milemis, raw .7.8 0931 Pati cockial, camed, keny syrup, drained .7.8 0931 Retainers, raw .7.7 0907 Apples, camed, sweetend, slied, drined, unlead .7.0 0907 Apples, camed, sweetend, slied, drined, unleads .7.0 0928 Pers, camed, earl beary syrup pack, solids and liquids .7.0 0928 Pers, camed, earl beary syrup pack, solids and liquids .7.0 0928 Pers, camed, earl beary syrup pack, solids and liquids .7.0 0928 Pers, camed, earl beary syrup pack, solids and liquids .7.0 0928 Apricox, camed, earl beary syrup pack, solids and liquids .7.0 0929 Apricox, camed, earl pack, with sin, solids and liquids .7.0 0924 Apricox, camed, layer pack, with sin, solids and liquids .7.0 0925 Pers, camed, were pack, with sin, solids and liquids .7.0 0926 Pers, camed, lipit syrup pack, with sin, solids and liquids	09307	Rhubarb, raw	1.80
98433 Clementimes raw 1.70 90226 Papysar, raw 1.70 19939 Müberrise, raw 1.70 9351 Pitti coktali, canned, keevy syrup, drained 1.70 90190 Nectrince, raw 1.70 90170 Apples, canned, seestend, sliech, drained, mrheard 1.70 90174 I apuats row 1.60 90250 Pears, canned, extra light yray ppack, solids and liquids 1.60 90261 Pears, canned, extra light yray ppack, solids and liquids 1.60 90262 Aprices, canned, beavy syrup pack, without skin, solids and liquids 1.60 90263 Aprices, canned, theavy syrup pack, with skin, solids and liquids 1.60 90264 Aprices, canned, keery syrup pack, with skin, solids and liquids 1.60 90275 Pears, canned, light syrup pack, solids and liquids 1.60 90276 Aprices, canned, light syrup pack, solids and liquids 1.60 90277 Pears, canned, light syrup pack, solids and liquids 1.60 90278 Aprices, canned, light syrup pack, solids and liquids 1.60 90279 Pears, cann	09091	Figs, canned, light syrup pack, solids and liquids	1.80
09264 Bipsys, rsw 1.70 09190 Muberies, raw 1.70 09351 Fnit cockill, cancel, berry syrup, drained 1.70 0919 Aprices, cancel, siecel, drianed, uthested 1.70 0907 Appies, cancel, siecel, drianed, uthested 1.70 0928 Pears, canned, extra heavy syrup pack, solids and liquids 1.60 0928 Pears, canned, extra light syrup pack, solids and liquids 1.60 0908 Apricose, canned, textra light syrup pack, with stain, solids and liquids 1.60 0908 Apricose, canned, beavy syrup pack, with stain, solids and liquids 1.60 0908 Apricose, canned, extra light syrup pack, with skin, solids and liquids 1.60 0908 Apricose, canned, extra light syrup pack, with skin, solids and liquids 1.60 0925 Apricose, canned, extra light syrup pack, solids and liquids 1.60 0926 Apricose, canned, extra light syrup pack, solids and liquids 1.60 0927 Pears, canned, light syrup pack, with skin, solids and liquids 1.60 0928 Apricose, canned, light syrup pack, with skin, solids and liquids 1.60 0929	09317	Strawberries, canned, heavy syrup pack, solids and liquids	1.70
09190 Allaberies. raw 1.71 05251 Frit ocksalt, camed, heavy syrp, drained 1.72 1907 Nectroines, raw 1.72 0907 Apples, ramed, weetened, tileed, drained, unkented 1.72 09174 Logust, raw 1.60 0928 Pears, canned, exter light syrp pack, solids and liquids 1.60 0928 Pears, canned, exter light syrp pack, vilids and liquids 1.60 0928 Apricos, canned, exter light syrp pack, vilids and liquids 1.60 0928 Apricos, canned, exter light syrp pack, vilid sain, solids and liquids 1.60 0928 Apricos, canned, exter light syrp pack, vilid sain, solids and liquids 1.60 0929 Apricos, canned, devel pack, vilid sain, solids and liquids 1.60 0920 Apricos, canned, devel pack, solids and liquids 1.60 0923 Pears, canned, light syrup pack, solids and liquids 1.60 0924 Apricos, canned, light syrup pack, solids and liquids 1.60 0925 Apricos, canned, light syrup pack, solids and liquids 1.60 0926 Apricos, canned, light syrup pack, solids and liquids 1.61 <td>09433</td> <td>Clementines, raw</td> <td>1.70</td>	09433	Clementines, raw	1.70
9931 Pruit cockail, camed, heavy syrup, drained 1.70 9919 Necariaes, raw 1.70 9070 Apples, camed, sweetened, sliced, drained, unheated 1.70 9074 Loquas, raw 1.70 9258 Pear, camed, cetra heavy syrup pack, solids and liquids 1.60 9025 Pears, camed, cetra light syrup pack, solids and liquids 1.60 9028 Apricots, camed, bassy syrup pack, solids and liquids 1.60 9028 Apricots, camed, extra light syrup pack, with skin, solids and liquids 1.60 9029 Apricots, camed, water pack, with skin, solids and liquids 1.60 9029 Pears, camed, light syrup pack, solids and liquids 1.60 9029 Pears, camed, light syrup pack, solids and liquids 1.60 9029 Pears, camed, light syrup pack, solids and liquids 1.60 9029 Pears, camed, light syrup pack, with skin, solids and liquids 1.60 9029 Apricots, camed, light syrup pack, with skin, solids and liquids 1.60 9029 Pears, camed, light syrup pack, with skin, solids and liquids 1.60 9021 Pears, camed, laway syrup, ski, solids a	09226	Papayas, raw	1.70
09191 Nectarines, raw 1.70 09007 Apples, canned, sweetned, sliced, drained, unbeated 1.70 09174 Loquats, raw 1.70 09258 Pears, canned, extra light syrup pack, solids and liquids 1.60 09255 Pears, canned, extra light syrup pack, solids and liquids 1.60 09068 Chricis, sour, red, frozen, unsweetened 1.60 09028 Apricots, canned, leavy syrup pack, without skin, solids and liquids 1.60 09029 Apricots, canned, extra light syrup pack, with skin, solids and liquids 1.60 09020 Apricots, canned, extra light syrup pack, with skin, solids and liquids 1.60 09021 Apricots, canned, extra light syrup pack, with skin, solids and liquids 1.60 09022 Apricots, canned, witer pack, with skin, solids and liquids 1.60 0923 Pears, canned, extra heavy syrup pack, withsout skin, solids and liquids 1.60 0924 Pears, canned, light syrup pack, with skin, solids and liquids 1.60 0925 Pears, canned, light syrup pack, with skin, solids and liquids 1.60 0926 Pears, canned, beavy syrup, solids and liquids 1.60 <	09190	Mulberries, raw	1.70
0907 Apples, camed, sweetened, sliced, drained, unbeated 1.70 09174 Loquus, raw 1.70 09258 Pears, camed, extra light syrup pack, solids and liquids 1.60 09259 Pears, camed, extra light syrup pack, solids and liquids 1.60 09068 Cherries, sour, red, frozen, unsweetened 1.60 09028 Apricots, camed, extra light syrup pack, with skin, solids and liquids 1.60 09029 Apricots, camed, extra light syrup pack, with skin, solids and liquids 1.60 09020 Apricots, camed, extra light syrup pack, with skin, solids and liquids 1.60 09021 Apricots, camed, water pack, with skin, solids and liquids 1.60 09220 Apricots, camed, water pack, solids and liquids 1.60 09231 Pears, camed, water pack, solids and liquids 1.60 09240 Apricots, camed, liquis syrup pack, with skin, solids and liquids 1.60 09251 Apricots, camed, liquis syrup pack, solids and liquids 1.60 09252 Pears, camed, heavy syrup pack, solids and liquids 1.60 09253 Pears, camed, heavy syrup pack, solids and liquids 1.60 09	09351	Fruit cocktail, canned, heavy syrup, drained	1.70
69174 Loquats, raw 1.70 69258 Pears, canned, extra leavy syrup pack, solids and liquids 1.60 69255 Pears, canned, extra light syrup pack, solids and liquids 1.60 69026 Cherries, canned, neavy syrup pack, with skin, solids and liquids 1.60 69028 Apricots, canned, heavy syrup pack, with skin, solids and liquids 1.60 69029 Apricots, canned, vater pack, with skin, solids and liquids 1.60 69021 Apricots, canned, water pack, with skin, solids and liquids 1.60 69022 Apricots, canned, water pack, with skin, solids and liquids 1.60 69023 Pears, canned, light syrup pack, solids and liquids 1.60 69024 Apricots, canned, light syrup pack, without skin, solids and liquids 1.60 69025 Pars, canned, light syrup pack, with skin, solids and liquids 1.60 69026 Apricots, canned, light syrup pack, with skin, solids and liquids 1.60 69027 Pars, canned, heavy syrup pack, solids and liquids 1.60 69028 Bluberires, canned, heavy syrup, solids and liquids 1.60 69029 Apricots, canned, pieve pack, with skin, solids and liquids	09191	Nectarines, raw	1.70
09258 Pears, canned, extra light syrup pack, solids and liquids 1.06 09255 Pears, canned, extra light syrup pack, solids and liquids 1.06 09080 Cherries, sour, red, firozen, unsweetened 1.00 09028 Apricots, canned, heavy syrup pack, with skin, solids and liquids 1.00 09126 Apricots, canned, extra light syrup pack, with skin, solids and liquids 1.00 09127 Apricots, canned, water pack, with skin, solids and liquids 1.00 09228 Apricots, canned, water pack, solids and liquids 1.00 09239 Pears, canned, light syrup pack, solids and liquids 1.00 09240 Apricots, canned, varta heavy syrup pack, with skin, solids and liquids 1.00 0925 Pears, canned, light syrup pack, with skin, solids and liquids 1.00 0926 Apricots, canned, leavy syrup pack, with skin, solids and liquids 1.00 0927 Pears, canned, heavy syrup pack, with skin, solids and liquids 1.00 0928 Pears, canned, heavy syrup, solids and liquids 1.00 0929 Blucherics, canned, heavy syrup, solids and liquids 1.00 0921 Gupefruit, raw, pink and red, all area	09007	Apples, canned, sweetened, sliced, drained, unheated	1.70
09255 Pears, camed, extra light syrup pack, solids and liquids 1.60 09068 Chrries, sour, red, frozen, unsweetend 1.60 09028 Apricots, camed, heavy syrup pack, with skin, solids and liquids 1.60 09025 Apricots, camed, extra light syrup pack, with skin, solids and liquids 1.60 0916 Mangos, raw 1.60 0925 Pears, camed, light syrup pack, solids and liquids 1.60 0925 Pears, camed, light syrup pack, solids and liquids 1.60 0926 Pears, camed, light syrup pack, without skin, solids and liquids 1.60 0927 Apricots, camed, extra lexery syrup pack, without skin, solids and liquids 1.60 0926 Apricots, camed, light syrup pack, with skin, solids and liquids 1.60 0927 Apricots, camed, light syrup pack, with skin, solids and liquids 1.60 0928 Pears, camed, lieve syrup pack, solids and liquids 1.60 0929 Pears, camed, leavy syrup pack, solids and liquids 1.60 0921 Pears, camed, leavy syrup pack, solids and liquids 1.60 0922 Pears, camed, leavy syrup, solids and liquids 1.60 0923	09174	Loquats, raw	1.70
09088 Cherries, sour, red, frozen, unsweetened 1.60 09028 Apricots, canned, heavy syrup pack, with skin, solids and liquids 1.60 09025 Apricots, canned, vatra light syrup pack, with skin, solids and liquids 1.60 09176 Mangos, ram 1.60 0922 Apricots, canned, water pack, with skin, solids and liquids 1.60 0923 Pears, canned, light syrup pack, solids and liquids 1.60 0924 Apricots, canned, strar beavy syrup pack, without skin, solids and liquids 1.60 0925 Apricots, canned, light syrup pack, with skin, solids and liquids 1.60 0926 Apricots, canned, strar beavy syrup pack, without skin, solids and liquids 1.60 0927 Apricots, canned, leavy syrup pack, with skin, solids and liquids 1.60 0928 Bears, canned, leavy syrup pack, solids and liquids 1.60 0929 Pears, canned, heavy syrup, solids and liquids 1.60 0921 Pears, canned, heavy syrup, pack, with skin, solids and liquids 1.60 0922 Apricots, canned, heavy syrup, pack, with skin, solids and liquids 1.60 0923 Peaches, yellow, raw 1.50	09258	Pears, canned, extra heavy syrup pack, solids and liquids	1.60
09028 Apricots, canned, heavy syrup pack, without skin, solids and liquids 1.60 09025 Apricots, canned, extra light syrup pack, with skin, solids and liquids 1.60 09176 Magos, raw 1.60 09022 Apricots, canned, with skin, solids and liquids 1.60 09236 Pears, canned, light syrup pack, solids and liquids 1.60 09237 Apricots, canned, extra heavy syrup pack, without skin, solids and liquids 1.60 09029 Apricots, canned, extra heavy syrup pack, without skin, solids and liquids 1.60 09020 Apricots, canned, extra heavy syrup pack, without skin, solids and liquids 1.60 09021 Apricots, canned, leavy syrup pack, with skin, solids and liquids 1.60 09023 Pears, canned, heavy syrup pack, solids and liquids 1.60 09240 Pears, canned, heavy syrup pack, solids and liquids 1.60 09251 Pears, canned, heavy syrup pack, solids and liquids 1.60 09124 Pears, canned, heavy syrup pack, solids and liquids 1.60 09125 Apricots, canned, heavy syrup pack, solids and liquids 1.60 09226 Apricots, canned, piacy syrup pack, solids and liquids	09255	Pears, canned, extra light syrup pack, solids and liquids	1.60
09025 Apricots, canned, extra light syrup pack, with skin, solids and liquids 1.60 09176 Mangos, raw 1.60 09022 Apricots, canned, water pack, with skin, solids and liquids 1.60 09256 Pears, canned, light syrup pack, solids and liquids 1.60 09253 Pears, canned, water pack, solids and liquids 1.60 09026 Apricots, canned, water pack, without skin, solids and liquids 1.60 09026 Apricots, canned, light syrup pack, with skin, solids and liquids 1.60 09026 Apricots, canned, light syrup pack, with skin, solids and liquids 1.60 09027 Pears, canned, beavy syrup pack, solids and liquids 1.60 09028 Blueberies, canned, heavy syrup, solids and liquids 1.60 09029 Apricots, canned, heavy syrup, solids and liquids 1.60 09021 Grapefruit, raw, pink and red, all areas 1.60 09022 Apricots, canned, heavy syrup pack, with skin, solids and liquids 1.60 09023 Apricots, canned, beavy syrup pack, with skin, solids and liquids 1.60 09024 Apricots, canned, beavy syrup pack, with skin, solids and liquids 1.50	09068	Cherries, sour, red, frozen, unsweetened	1.60
09176 Magos, raw 1.60 09022 Apricots, canned, water pack, with skin, solids and liquids 1.60 09256 Pears, canned, light syrup pack, solids and liquids 1.60 09253 Pears, canned, water pack, solids and liquids 1.60 09029 Apricots, canned, extra heavy syrup pack, with skin, solids and liquids 1.60 09020 Apricots, canned, light syrup pack, with skin, solids and liquids 1.60 09031 Cherries, sour, ed, raw 1.60 09052 Pears, canned, heavy syrup pack, solids and liquids 1.60 09254 Pears, canned, heavy syrup, solids and liquids 1.60 0952 Blueberries, canned, paire pack, solids and liquids 1.60 0902 Apricots, canned, heavy syrup, solids and liquids 1.60 0902 Apricots, canned, heavy syrup pack, with skin, solids and liquids 1.60 0902 Apricots, canned, heavy syrup pack, with skin, solids and liquids 1.60 0902 Apricots, canned, juice pack, with skin, solids and liquids 1.50 0903 Cherries, sweet, canned, extra heavy syrup pack, solids and liquids 1.50 0907	09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	1.60
09022 Apricots, canned, water pack, with skin, solids and liquids 1.60 09256 Pears, canned, light syrup pack, solids and liquids 1.60 09253 Pears, canned, water pack, solids and liquids 1.60 09029 Apricots, canned, extra heavy syrup pack, withou skin, solids and liquids 1.60 09026 Apricots, canned, light syrup pack, with skin, solids and liquids 1.60 09033 Cherries, sour, red, raw 1.60 09257 Pears, canned, heavy syrup pack, solids and liquids 1.60 09254 Pears, canned, liquids 1.60 09525 Blueberries, canned, heavy syrup, solids and liquids 1.60 09052 Blueberries, canned, heavy syrup pack, solids and liquids 1.60 09074 Apricots, canned, heavy syrup pack, with skin, solids and liquids 1.60 09075 Apricots, canned, juice pack, with skin, solids and liquids 1.50 09076 Peaches, yellow, raw 1.50 09077 Cherries, sweet, canned, extra heavy syrup, drained 1.50 09078 Plums, canned, heavy syrup, drained 1.50 09079 Cherries, sweet, canned, light syrup pack	09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	1.60
09256 Pears, canned, light syrup pack, solids and liquids 1.60 09253 Pears, canned, water pack, solids and liquids 1.60 09029 Apricots, canned, extra heavy syrup pack, without skin, solids and liquids 1.60 09026 Apricots, canned, light syrup pack, with skin, solids and liquids 1.60 09026 Cherries, sour, red, raw 1.60 09257 Pears, canned, heavy syrup pack, solids and liquids 1.60 09254 Pears, canned, heavy syrup, solids and liquids 1.60 09052 Blueberries, canned, heavy syrup, solids and liquids 1.60 09112 Grapefruit, raw, pink and red, all areas 1.60 09027 Apricots, canned, heavy syrup pack, with skin, solids and liquids 1.60 09028 Paeches, yellow, raw 1.50 09075 Cherries, sweet, canned, kextra heavy syrup pack, solids and liquids 1.50 09072 Cherries, sweet, canned, heavy syrup, drained 1.50 09073 Plums, canned, heavy syrup, drained 1.50 09073 Cherries, sweet, canned, light syrup pack, solids and liquids 1.50 09073 Papaya, canned, heavy syrup,	09176	Mangos, raw	1.60
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09024Apricots, canned, juice pack, with skin, solids and liquids1.6009236Peaches, yellow, raw1.5009075Cherries, sweet, canned, extra heavy syrup pack, solids and liquids1.5009072Cherries, sweet, canned, juice pack, solids and liquids1.5009379Plums, canned, heavy syrup, drained1.5009073Cherries, sweet, canned, light syrup pack, solids and liquids1.5009228Papaya, canned, heavy syrup, drained1.50	09112	Grapefruit, raw, pink and red, all areas	1.60
09236Peaches, yellow, raw1.5009075Cherries, sweet, canned, extra heavy syrup pack, solids and liquids1.5009072Cherries, sweet, canned, juice pack, solids and liquids1.5009379Plums, canned, heavy syrup, drained1.5009073Cherries, sweet, canned, light syrup pack, solids and liquids1.5009228Papaya, canned, heavy syrup, drained1.50	09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.60
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09379Plums, canned, heavy syrup, drained1.5009073Cherries, sweet, canned, light syrup pack, solids and liquids1.5009228Papaya, canned, heavy syrup, drained1.50	09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	1.50
09073Cherries, sweet, canned, light syrup pack, solids and liquids1.5009228Papaya, canned, heavy syrup, drained1.50	09072	Cherries, sweet, canned, juice pack, solids and liquids	1.50
09228 Papaya, canned, heavy syrup, drained 1.50	09379	Plums, canned, heavy syrup, drained	1.50
	09073	Cherries, sweet, canned, light syrup pack, solids and liquids	1.50
09144 Jackfruit, raw	09228	Papaya, canned, heavy syrup, drained	1.50
	09144	Jackfruit, raw	1.50

NDB_No	Description	Fiber, total dietary(g) Value Per
09071	Cherries, sweet, canned, water pack, solids and liquids	1.50
09520	Kiwifruit, ZESPRI SunGold, raw	1.40
09266	Pineapple, raw, all varieties	1.40
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	1.40
09430	Pineapple, raw, extra sweet variety	1.40
09279	Plums, raw	1.40
09015	Apples, frozen, unsweetened, heated	1.30
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	1.30
09240	Peaches, canned, light syrup pack, solids and liquids	1.30
09237	Peaches, canned, water pack, solids and liquids	1.30
09164	Litchis, raw	1.30
09354	Pineapple, canned, juice pack, drained	1.30
09241	Peaches, canned, heavy syrup pack, solids and liquids	1.30
09004	Apples, raw, without skin	1.30
09238	Peaches, canned, juice pack, solids and liquids	1.30
09014	Apples, frozen, unsweetened, unheated	1.30
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	1.30
09362	Cherries, sour, canned, water pack, drained	1.20
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	1.20
09402	Applesauce, canned, sweetened, with salt	1.20
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	1.20
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	1.20
09370	Peaches, canned, heavy syrup, drained	1.20
09519	Guava nectar, with sucralose, canned	1.20
09272	Pineapple, frozen, chunks, sweetened	1.10
09114	Grapefruit, raw, pink and red, Florida	1.10
09401	Applesauce, canned, unsweetened, with added ascorbic acid	1.10
09081	Cranberry sauce, canned, sweetened	1.10
09172	Longans, raw	1.10
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	1.10
09116	Grapefruit, raw, white, all areas	1.10
09111	Grapefruit, raw, pink and red and white, all areas	1.10
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	1.10
09023	Apricots, canned, water pack, without skin, solids and liquids	1.10
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	1.10
09001	Acerola, (west indian cherry), raw	1.10

NDB_No	Description	Fiber, total dietary(g) Value Per
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	1.10
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	1.10
09450	Naranjilla (lulo) pulp, frozen, unsweetened	1.10
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.00
09239	Peaches, canned, extra light syrup, solids and liquids	1.00
09295	Pummelo, raw	1.00
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	1.00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	1.00
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	1.00
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	1.00
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	1.00
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	1.00
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	1.00
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	1.00
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	1.00
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	1.00
09294	Prune juice, canned	1.00
09435	Guava nectar, canned, with added ascorbic acid	1.00
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	1.00
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	1.00
09420	Jackfruit, canned, syrup pack	0.90
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0.90
09131	Grapes, american type (slip skin), raw	0.90
09183	Melons, casaba, raw	0.90
09281	Plums, canned, purple, water pack, solids and liquids	0.90
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0.90
09282	Plums, canned, purple, juice pack, solids and liquids	0.90
09301	Rambutan, canned, syrup pack	0.90
09283	Plums, canned, purple, light syrup pack, solids and liquids	0.90
09181	Melons, cantaloupe, raw	0.90
09269	Pineapple, canned, light syrup pack, solids and liquids	0.80
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	0.80
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0.80
09267	Pineapple, canned, water pack, solids and liquids	0.80
09184	Melons, honeydew, raw	0.80

NDB_No	Description	Fiber, total dietary(g) Value Per
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	0.80
09123	Grapefruit juice, white, canned or bottled, unsweetened	0.80
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	0.80
09268	Pineapple, canned, juice pack, solids and liquids	0.80
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0.80
09153	Lemon juice from concentrate, canned or bottled	0.70
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0.70
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	0.70
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0.70
09524	Lemon juice from concentrate, bottled, REAL LEMON	0.70
09185	Melon balls, frozen	0.70
09219	Tangerines, (mandarin oranges), canned, juice pack	0.70
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.60
09036	Apricot nectar, canned, without added ascorbic acid	0.60
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0.60
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0.60
09407	Peach nectar, canned, with added ascorbic acid	0.60
09262	Pear nectar, canned, without added ascorbic acid	0.60
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0.60
09408	Pear nectar, canned, with added ascorbic acid	0.60
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0.60
09229	Papaya nectar, canned	0.60
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0.60
09251	Peach nectar, canned, without added ascorbic acid	0.60
09403	Apricot nectar, canned, with added ascorbic acid	0.60
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.60
09437	Tamarind nectar, canned	0.50
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0.40
09326	Watermelon, raw	0.40
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.40
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0.40
09160	Lime juice, raw	0.40
09154	Lemon juice, frozen, unsweetened, single strength	0.40
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0.40
09119	Grapefruit, sections, canned, water pack, solids and liquids	0.40
09161	Lime juice, canned or bottled, unsweetened	0.40

NDB_No	Description	Fiber, total dietary(g) Value Per
09002	Acerola juice, raw	0.30
09436	Mango nectar, canned	0.30
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.30
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.30
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.30
09211	Orange juice, chilled, includes from concentrate, with added calcium	0.30
09207	Orange juice, canned, unsweetened	0.30
09152	Lemon juice, raw	0.30
09209	Orange juice, chilled, includes from concentrate	0.30
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.20
09443	Juice, apple and grape blend, with added ascorbic acid	0.20
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	0.20
09452	Orange Pineapple Juice Blend	0.20
09206	Orange juice, raw	0.20
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0.20
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.20
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.20
09232	Passion-fruit juice, purple, raw	0.20
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.20
09221	Tangerine juice, raw	0.20
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.20
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.20
09233	Passion-fruit juice, yellow, raw	0.20
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	0.20
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0.20
09223	Tangerine juice, canned, sweetened	0.20
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.20
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0.20
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.20
09124	Grapefruit juice, white, canned, sweetened	0.10
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.10
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0.10
09043	Blackberry juice, canned	0.10
09128	Grapefruit juice, white, raw	0.10
09217	Orange-grapefruit juice, canned or bottled, unsweetened	0.10
09434	Guanabana nectar, canned	0.10

NDB_No	Description	Fiber, total dietary(g) Value Per
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0.10
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.10
43382	Cranberry juice, unsweetened	0.10
09442	Pomegranate juice, bottled	0.10
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	0.00
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	0.00
09082	Cranberry-orange relish, canned	0.00
09127	Grapefruit juice, pink or red, with added calcium	0.00